



KOLBUSZOWA - PUCHAR EUROPY NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2015-06-06
Miejsce: Kolbuszowa
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	551	KKB MOSIR KROSNO	M18-29	1			00:00:01	00:30:06	01:01:04	01:01:05		6:06	9.8 (100%)
2	SIEROŃ Jacek	572		M50-59	1			00:02:48	00:32:04	01:04:12	01:07:00	+00:03:08 (4.9%)	6:25	9.3 (94.9%)
3	WOROCH Roman	1		M50-59	2			00:02:48	00:32:03	01:04:17	01:07:05	+00:03:13 (5.0%)	6:25	9.3 (94.9%)
4	BIŁEK Artur	504	NW LUBLINIEC	M30-39	1			00:00:03	00:32:35	01:06:11	01:06:14	+00:05:07 (7.7%)	6:37	9.1 (92.9%)
5	CYRUS Bogdan	510	SILESIA NORDIC TIME	M40-49	1			00:00:04	00:32:33	01:06:55	01:06:59	+00:05:51 (8.7%)	6:41	9 (91.8%)
6	MICHALSKI Andrzej	552	SANOK-AMBASADOR FESTIWALU BIEGOWEGO KRYNICA 2015	M50-59	3			00:02:48	00:32:07	01:06:56	01:09:44	+00:05:52 (8.8%)	6:41	9 (91.8%)
7	NIEDBAŁ Adam	556	SILESIA NORDIC TEAM	M30-39	2			00:00:05	00:33:50	01:08:05	01:08:10	+00:07:01 (10.3%)	6:48	8.8 (89.8%)
8	PUSZKIEL Leszek	568	GREEN TEAM	M50-59	4			00:02:50	00:32:49	01:08:21	01:11:11	+00:07:17 (10.7%)	6:50	8.8 (89.8%)
9	NIECHWIEJCZYK Piotr	555	OPEL ACTIVE TEAM	M30-39	3			00:00:04	00:33:52	01:08:27	01:08:31	+00:07:23 (10.8%)	6:50	8.8 (89.8%)
10	SONDEL Mieczysław	582	DĄBROWA NORDIC TEAM	M50-59	5			00:02:49	00:34:17	01:10:30	01:13:19	+00:09:26 (13.4%)	7:03	8.5 (86.7%)
11	SPYCHAŁA Marzena	583	WESOŁY BORSUK TEAM	K40-49	1			00:05:10	00:35:07	01:10:35	01:15:45	+00:09:31 (13.5%)	7:03	8.5 (86.7%)
12	PANCEWICZ Karolina	562	SILESIA NORDIC TEAM	K30-39	1			00:04:17	00:34:57	01:10:54	01:15:11	+00:09:50 (13.9%)	7:05	8.5 (86.7%)
13	JĘDRASIAK Renata	528	KGHM METRACO	K50-59	1			00:05:13	00:35:06	01:10:55	01:16:08	+00:09:51 (13.9%)	7:05	8.5 (86.7%)
14	BREWKA Joachim	506	NORDIC WALKING LUBLINIEC	M50-59	6			00:02:48	00:34:38	01:11:01	01:13:49	+00:09:57 (14.0%)	7:06	8.4 (85.7%)

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15	SZCZEBAK Jacek	590	TARNÓW	M40-49	2			00:00:06	00:35:06	01:11:07	01:11:13	+00:10:03 (14.1%)	7:06	8.4 (85.7%)
16	MITURA-ZIELONKA Paweł	553	SILESIA NORDIC TEAM SPACERMISTRZ	M30-39	4			00:00:03	00:35:44	01:11:54	01:11:57	+00:10:50 (15.1%)	7:11	8.3 (84.7%)
17	FELIS Paweł	515		M40-49	3			00:00:07	00:35:45	01:12:29	01:12:36	+00:11:25 (15.8%)	7:14	8.3 (84.7%)
18	KRÓLICKI Dariusz	534	FINISZ RYMANÓW	M40-49	4			00:00:08	00:36:21	01:13:05	01:13:13	+00:12:01 (16.4%)	7:18	8.2 (83.7%)
19	BILIK Wojciech	503	SAMOTNI WĘDROWCY	M40-49	5			00:00:08	00:36:07	01:13:12	01:13:20	+00:12:08 (16.6%)	7:19	8.2 (83.7%)
20	SMUL Andrzej	580	GREEN TEAM	M50-59	7			00:02:50	00:35:27	01:13:16	01:16:06	+00:12:12 (16.7%)	7:19	8.2 (83.7%)
20	REJ Anna	569		K30-39	2			00:04:19	00:36:11	01:13:16	01:17:35	+00:12:12 (16.7%)	7:19	8.2 (83.7%)
22	BOCZAR Beata	505	GREEN TEAM	K50-59	2			00:05:13	00:36:05	01:13:48	01:19:01	+00:12:44 (17.3%)	7:22	8.1 (82.7%)
23	KALISZ Krzysztof	106	KGHM METRACO POLKOWICE	M60-69	1			00:02:52	00:36:15	01:14:14	01:17:06	+00:13:10 (17.7%)	7:25	8.1 (82.7%)
24	ORZECH Artur	561		M40-49	6			00:00:11	00:36:43	01:14:17	01:14:28	+00:13:13 (17.8%)	7:25	8.1 (82.7%)
25	KRÓLICKI Mateusz	535	FINISZ RYMANÓW	M18-29	2			00:00:01	00:37:26	01:14:34	01:14:35	+00:13:30 (18.1%)	7:27	8 (81.6%)
26	KRZANOWSKI Bartłomiej	537	SAMOTNI WĘDROWCY	M40-49	7			00:00:09	00:36:50	01:14:35	01:14:44	+00:13:31 (18.1%)	7:27	8 (81.6%)
27	STRZĘPKA Krzysztof	587		M40-49	8			00:00:10	00:36:44	01:15:00	01:15:10	+00:13:56 (18.6%)	7:30	8 (81.6%)
27	DRAPAŁA Jan	514		M40-49	9			00:00:09	00:36:46	01:15:00	01:15:09	+00:13:56 (18.6%)	7:30	8 (81.6%)
29	WAJDA Mateusz	598	KROSNO MIASTO SZKŁA	M30-39	5			00:00:02	00:36:59	01:15:01	01:15:03	+00:13:57 (18.6%)	7:30	8 (81.6%)
30	BUDZYŃ Anna	507	SPEED TEAM	K40-49	2			00:05:10	00:36:44	01:15:08	01:20:18	+00:14:04 (18.7%)	7:30	8 (81.6%)
31	ŚLUSARCZYK Andrzej	593	WESOŁY BORSUK TEAM	M60-69	2			00:02:50	00:36:54	01:15:36	01:18:26	+00:14:32 (19.2%)	7:33	7.9 (80.6%)
32	ŚLUSARCZYK Grzegorz	594	WESOŁY BORSUK TEAM	M40-49	10			00:00:05	00:38:03	01:15:37	01:15:42	+00:14:33 (19.2%)	7:33	7.9 (80.6%)
33	ROZMUS Sylwester	570	NORDIC ACTIVE	M30-39	6			00:00:02	00:35:16	01:15:58	01:16:00	+00:14:54 (19.6%)	7:35	7.9 (80.6%)
34	CZYCZ Kazimierz	511	GREEN TEAM	M60-69	3			00:02:51	00:36:23	01:15:59	01:18:50	+00:14:55 (19.6%)	7:35	7.9 (80.6%)
35	JANCZYK Jacek	523	NORDIC ACTIVE	M40-49	11			00:00:07	00:37:36	01:16:04	01:16:11	+00:15:00 (19.7%)	7:36	7.9 (80.6%)
36	ŚCIBISZ Bogdan	592	DĄBROWA NORDIC TEAM	M70+	1			00:02:55	00:37:09	01:16:07	01:19:02	+00:15:03 (19.8%)	7:36	7.9 (80.6%)
37	KUREK Edward	539	MOSIR CZELADZ	M70+	2			00:02:54	00:38:06	01:16:11	01:19:05	+00:15:07 (19.8%)	7:37	7.9 (80.6%)

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38	GRUSZKA Michał	521	NORDIC WALKING LUBLINIEC	M40-49	12			00:00:07	00:37:19	01:16:37	01:16:44	+00:15:33 (20.3%)	7:39	7.8 (79.6%)
39	GRUSZKA Łukasz	520	TKKF CZELADZ	M18-29	3			00:00:01	00:37:24	01:16:40	01:16:41	+00:15:36 (20.3%)	7:40	7.8 (79.6%)
40	SZALWA-NIEZGODA Agnieszka	589	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	3			00:05:11	00:37:47	01:16:47	01:21:58	+00:15:43 (20.5%)	7:40	7.8 (79.6%)
41	BYTNIIEWSKI Mieczysław	508	BIAŁA BIEGA	M70+	3			00:02:52	00:38:30	01:16:51	01:19:43	+00:15:47 (20.5%)	7:41	7.8 (79.6%)
42	KAPARUK Jolanta	531		K30-39	3			00:04:17	00:37:55	01:16:52	01:21:09	+00:15:48 (20.6%)	7:41	7.8 (79.6%)
43	PASIŃSKA - SKOWRON Sylwia	563	LIFESTYLEBODY TEAM	K30-39	4			00:04:18	00:38:14	01:17:11	01:21:29	+00:16:07 (20.9%)	7:43	7.8 (79.6%)
44	FRAŚCZAK Katarzyna	517	NORDIC ACTIV TARNOBRZEG	K30-39	5			00:04:15	00:38:22	01:17:15	01:21:30	+00:16:11 (20.9%)	7:43	7.8 (79.6%)
45	LISIKIEWICZ Agnieszka	543	GREEN TEAM	K40-49	4			00:05:11	00:38:02	01:17:25	01:22:36	+00:16:21 (21.1%)	7:44	7.8 (79.6%)
46	ŁUKASZEWICZ Joanna	544	GREEN TEAM	K40-49	5			00:05:10	00:38:05	01:17:34	01:22:44	+00:16:30 (21.3%)	7:45	7.7 (78.6%)
47	PTAŚ Agnieszka	107	TKKF MOSIR CZELADZ	K18-29	1			00:04:16	00:38:40	01:17:35	01:21:51	+00:16:31 (21.3%)	7:45	7.7 (78.6%)
48	JARZYŃSKA Małgorzata	527		K50-59	3			00:05:14	00:38:07	01:17:38	01:22:52	+00:16:34 (21.3%)	7:45	7.7 (78.6%)
49	JANKOWSKI Henryk	525	TKKF CZELADZ	M60-69	4			00:02:50	00:38:35	01:18:02	01:20:52	+00:16:58 (21.7%)	7:48	7.7 (78.6%)
50	ADAMOWSKI Jacek	501	ZAKĄTEK21	M30-39	7			00:00:05	00:38:52	01:18:14	01:18:19	+00:17:10 (21.9%)	7:49	7.7 (78.6%)
51	KRZESAK-JUREK Ewa	538	KIJEM W LENISTWO	K30-39	6			00:04:19	00:39:13	01:18:27	01:22:46	+00:17:23 (22.2%)	7:50	7.6 (77.6%)
52	JUREK Tomasz	530	KIJEM W LENISTWO	M30-39	8			00:04:19	00:39:10	01:18:28	01:22:47	+00:17:24 (22.2%)	7:50	7.6 (77.6%)
53	PIĄTKOWSKI Józef	564	METRACO	M70+	4			00:02:53	00:37:52	01:18:33	01:21:26	+00:17:29 (22.3%)	7:51	7.6 (77.6%)
54	STĘPIEŃ Ewa	586	ZABIEGANI MIELEC	K30-39	7			00:04:18	00:38:49	01:18:42	01:23:00	+00:17:38 (22.4%)	7:52	7.6 (77.6%)
55	WOŹNIAK Bartłomiej	32	PODWÓJNY UŚMIECH	M30-39	9			00:00:04	00:39:20	01:18:50	01:18:54	+00:17:46 (22.5%)	7:53	7.6 (77.6%)
56	TRUCHAN-BAJER Bożena	597		K50-59	4			00:05:13	00:38:25	01:18:52	01:24:05	+00:17:48 (22.6%)	7:53	7.6 (77.6%)
57	THOMALLA Bogdan	596	SILESIA NORDIC TEAM	M70+	5			00:02:53	00:39:02	01:18:57	01:21:50	+00:17:53 (22.7%)	7:53	7.6 (77.6%)
58	MARONDEL Katarzyna	547	SILESIA NORDIC TEAM	K18-29	2			00:04:15	00:38:51	01:19:02	01:23:17	+00:17:58 (22.7%)	7:54	7.6 (77.6%)
59	MARCINKOWSKI Wojciech	546	NORDIC WALKING LUBLINIEC	M40-49	13			00:00:06	00:38:55	01:19:09	01:19:15	+00:18:05 (22.8%)	7:54	7.6 (77.6%)
60	SKAŁECKA Ilona	576	KLUB AKTYWNYCH ART - FIT	K40-49	6			00:05:11	00:38:28	01:19:27	01:24:38	+00:18:23 (23.1%)	7:56	7.6 (77.6%)

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61	MOCZARSKI Mirek	554	WŁÓCZYKIJ LEŻAJSK	M50-59	8			00:02:49	00:39:24	01:19:40	01:22:29	+00:18:36 (23.3%)	7:58	7.5 (76.5%)
62	SZNAJDER Zenon	591		M60-69	5			00:02:50	00:40:03	01:19:43	01:22:33	+00:18:39 (23.4%)	7:58	7.5 (76.5%)
63	ZDRZĄLEK Małgorzata	61	STADION ŚLĄSKI	K40-49	7			00:05:12	00:39:44	01:20:38	01:25:50	+00:19:34 (24.3%)	8:03	7.4 (75.5%)
64	OLENDEREK Zygmunt	559		M70+	6			00:02:52	00:39:24	01:21:39	01:24:31	+00:20:35 (25.2%)	8:09	7.3 (74.5%)
65	KOTAS Brygida	533	DĄBROWA NORDIC TEAM	K50-59	5			00:05:15	00:39:58	01:21:52	01:27:07	+00:20:48 (25.4%)	8:11	7.3 (74.5%)
66	NOWROTEK Roman	558	MOKATE TEAM	M60-69	6			00:02:49	00:37:40	01:22:00	01:24:49	+00:20:56 (25.5%)	8:12	7.3 (74.5%)
67	OLESIEJUK Anna	560	SPOMLEK	K50-59	6			00:05:14	00:39:51	01:22:13	01:27:27	+00:21:09 (25.7%)	8:13	7.3 (74.5%)
68	WAŁECKA Krystyna	599		K60-69	1			00:06:29	00:40:11	01:22:23	01:28:52	+00:21:19 (25.9%)	8:14	7.3 (74.5%)
69	JANDZIŚ Ewa	524	AKTYWNY DYNÓW	K30-39	8			00:04:17	00:41:18	01:22:33	01:26:50	+00:21:29 (26.0%)	8:15	7.3 (74.5%)
70	CZYŻ Ewelina	512	GOSIR NORDIC DEVELOPMENT OSIELSKO	K18-29	3			00:04:16	00:41:49	01:23:05	01:27:21	+00:22:01 (26.5%)	8:18	7.2 (73.5%)
71	SITKO Małgorzata	574	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	8			00:05:12	00:40:24	01:24:05	01:29:17	+00:23:01 (27.4%)	8:24	7.1 (72.4%)
72	SIMKO Zbyszek	573	WŁÓCZYKIJ LEŻAJSK	M60-69	7			00:02:51	00:40:40	01:24:10	01:27:01	+00:23:06 (27.4%)	8:25	7.1 (72.4%)
73	JAROSZ Ania	526	WŁÓCZYKIJ LEŻAJSK	K60-69	2			00:06:31	00:41:23	01:24:14	01:30:45	+00:23:10 (27.5%)	8:25	7.1 (72.4%)
74	WORONKO-ZACZYŃSKA Janina	22	KGHM METRACO POLKOWICE	K60-69	3			00:06:30	00:41:16	01:24:37	01:31:07	+00:23:33 (27.8%)	8:27	7.1 (72.4%)
75	STARZYŃSKA Ewa	585	KGHM METRACO POLKOWICE	K60-69	4			00:06:30	00:41:33	01:24:46	01:31:16	+00:23:42 (28.0%)	8:28	7.1 (72.4%)
76	ŚRENIOWSKI Józek	595		M60-69	8			00:02:53	00:41:45	01:27:27	01:30:20	+00:26:23 (30.2%)	8:44	6.9 (70.4%)
77	LECHOWICZ Maria	542		K50-59	7			00:05:14	00:41:44	01:28:19	01:33:33	+00:27:15 (30.9%)	8:49	6.8 (69.4%)
78	SMARUJ - SADOWSKA Janina	579		K60-69	5			00:06:29	00:42:44	01:28:44	01:35:13	+00:27:40 (31.2%)	8:52	6.8 (69.4%)
79	SKOWRON Beata	108		K40-49	9			00:04:21	00:44:15	01:28:51	01:33:12	+00:27:47 (31.3%)	8:53	6.8 (69.4%)
80	PITEK Anna	109		K30-39	9			00:04:20	00:44:15	01:29:00	01:33:20	+00:27:56 (31.4%)	8:54	6.7 (68.4%)
81	KUŻMA Ela	540	WŁÓCZYKIJ LEŻAJSK	K50-59	8			00:05:14	00:43:23	01:29:21	01:34:35	+00:28:17 (31.7%)	8:56	6.7 (68.4%)
82	ŻUREK-TOMASZEWSKA Dorota	64		K40-49	10			00:05:11	00:43:59	01:30:10	01:35:21	+00:29:06 (32.3%)	9:01	6.7 (68.4%)
83	CHRAPEK Urszula	509		K18-29	4			00:04:15	00:45:15	01:33:08	01:37:23	+00:32:04 (34.4%)	9:18	6.4 (65.3%)

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84	GĘBSKA Elżbieta	518	DĄBROWA NORDIC TEAM	K50-59	9			00:05:16	00:45:19	01:33:44	01:39:00	+00:32:40 (34.9%)	9:22	6.4 (65.3%)
85	PISKORSKA Adrianna	566	A TEAM	K40-49	11			00:05:12	00:45:35	01:35:06	01:40:18	+00:34:02 (35.8%)	9:30	6.3 (64.3%)
86	SŁOTWIŃSKA Agnieszka	577	A TEAM	K30-39	10			00:04:19	00:46:13	01:35:59	01:40:18	+00:34:55 (36.4%)	9:35	6.3 (64.3%)
87	SMACZYŃSKA Krystyna	578	DĄBROWA NORDIC WALKING	K70+	1			00:06:31	00:47:18	01:37:44	01:44:15	+00:36:40 (37.5%)	9:46	6.1 (62.2%)
88	MICHALAK Teresa	550		K60-69	6			00:06:30	00:48:41	01:38:03	01:44:33	+00:36:59 (37.7%)	9:48	6.1 (62.2%)
89	POLEROWICZ-BORSUK Katarzyna	567		K30-39	11			00:04:20	00:49:22	01:39:15	01:43:35	+00:38:11 (38.5%)	9:55	6 (61.2%)
90	JÓŹWIAK Dominik	529	WTW WŁOCŁAWEK	M18-29	4			00:00:02	00:52:16	01:42:09	01:42:11	+00:41:05 (40.2%)	10:12	5.9 (60.2%)
91	KWINTA Joanna	541	BEZ KIJA NIE PODCHODŹ	K40-49	12			00:05:12	00:50:54	01:42:54	01:48:06	+00:41:50 (40.7%)	10:17	5.8 (59.2%)
92	ALEKSANDROWICZ Krzysztof	502	FIZJO RUNNERS UMED WROCŁAW	M40-49	14			00:00:10	00:53:32	01:43:25	01:43:35	+00:42:21 (41.0%)	10:20	5.8 (59.2%)
93	NAWROCKA Danuta	513	DĄBROWA NORDIC TEAM	K70+	2			00:06:32	00:54:01	01:47:48	01:54:20	+00:46:44 (43.4%)	10:46	5.6 (57.1%)
94	ZIEMBA Zofia	62		K60-69	7			00:06:31	00:50:40	01:47:51	01:54:22	+00:46:47 (43.4%)	10:47	5.6 (57.1%)
95	OLEK Mirosław	571		M50-59	9			00:13:15	00:44:21			+00:14:15	8:52	6.8 (69.4%)

Znaleziono 95 wynik(ów)